

Civilian fights fat with fitness

Firming up, getting paid: Civilian Fitness Program perks

Story and photos by
Cassandra Kardeke
221st Base Support Battalion
Public Affairs Office

Staying in shape and being fit may be a way of life for military personnel, but what about those who do not wear the Army green?

After having noticed an increased waistline and health problems, a local Wiesbaden civilian decided to take it upon himself to get back into shape and get paid while doing so.

"I was totally sedentary. My weight was up, my blood pressure was up. I had too many risk factors, and it was time to do something about it," said Eugene Hickman. And do something he did by enrolling in the Civilian Fitness Program.

"He is one of our biggest success stories," said Mary Ferguson, 104th Area Support Group health promotion coordinator and manager of the Civilian Fitness Program.

Not wanting to have to take medication for the rest of his life, Hickman decided it was time to get healthy and paid a visit to the Tony Bass Fitness Center at Wiesbaden Army Airfield. A personal trainer introduced him to the equipment and Hickman began weight training.

"The weight training was excellent, but I was doing it sporadically and after a while still saw no effects," Hickman said. Not long after that, Hickman learned of the Civilian Fitness Program and enrolled.

Civilians entering the program must complete an assessment including blood pressure check, weight, a three-minute step test and flexibility test. After the initial as-



Carrie Schult, a personal trainer at Tony Bass Fitness Center, monitors Eugene Hickman during a flexibility test, as part of his completion of the Civilian Fitness Program.

essment and getting a better understanding of the person's goals, personal trainers recommend an exercise routine.

Civilians are allowed to use up to three hours a week during duty hours to participate in the six-month program.

Not long after his enrollment and beginning exercise routines at the gym, Hickman heard of the marathon training offered through Tony

Bass and checked into it.

"I've always wanted to see if I could run a marathon. Just to know if I can do it," Hickman said.

Although not quite ready for a full marathon, Hickman has seen his personal improvements increase as he continues his routine. "I've found that eight miles is about my maximum, but knowing I went from nothing to being able to run eight miles is an improvement in itself,"

he said.

"Our goal is to help get the person started with behavior modification so that by the end of the program they are well on their way to a healthier lifestyle and can maintain it on their own," Ferguson said.

Losing five inches on his waistline, over three inches in his hips, moving up two points on the flexibility scale and of course, the marathon training, Hickman has seen



Sarah Gerschevski, a personal trainer at Tony Bass Fitness Center, takes a measurement from Eugene Hickman upon his completion of the Civilian Fitness Program.

the results and fully intends to keep going. "I feel better physically and my sleep patterns are more regular," Hickman said.

"There is no miracle cure and results don't happen overnight, but through diet and regular exercise you can achieve a healthier lifestyle," said licensed dietitian Susan Walker during a recent diabetes and heart education class at Landstuhl Regional Medical Center.

The Tony Bass Fitness Center offers a variety of programs to help get in shape and stay fit. Whether one has never stepped into a gym or is an avid bodybuilder, classes are available for all lifestyles.

Providing communications assistance

Wiesbaden signal experts support president's visit

By **Robert M. Straus**
Special to the Herald Union

When the White House called, the Wiesbaden Network Service Center answered.

"Can you provide communications support to the president of the United States?" Without hesitation, the NSC staff and members of the 102nd Signal Battalion's Plans and Operations staff went into overdrive to meet the requirements of the White House Communications Agency and the 221st Base Support Battalion Public Affairs Office.

Coordinating with its outlying NSCs to obtain additional supplies and personnel, negotiations began with Telekom for commercial connectivity to support the Media Operations Center.

Faced with the challenge of installing connectivity

into tents that had no infrastructure, the Wiesbaden Dial Central Office installed telephone cable distribution systems to seven different locations. Sounds easy, but this work is not normally performed at an NSC and was a major effort by the DCO team.

In the MOC, DCO technicians and Soldiers from the Battalion's Deployable Communications Package-Strategic team installed more than 85 telephones for the White House press pool and other media. The staff also installed and configured the network services along with 141st Signal Battalion personnel who installed network connections and laptops to support 135 users.

"It was truly amazing to see it all come together. Every media representative had access to Internet and telephone services to report on the event," said

Donna Dean, public affairs officer for the 221st BSB.

The battalion's Network Operations Security Center also played a role in the event. Steve Douma and a team of controllers and analysts closely monitored the network to ensure things went smoothly and were ready to react immediately in the event of an outage.

By the time the president rolled out the gates of Wiesbaden Army Airfield, the 102nd Signal Battalion had ultimately installed 130 Defense Switch Network and commercial telephones along with high speed data links which not only provided support to the president, his staff and the Secret Service, but also to the German and U.S. security forces.

Newspapers across the world instantly had articles and photographs of the President's visit to the 1st Armored Division Soldiers in Wiesbaden because of the behind-the-scenes efforts of these network warriors.



221st BSB – Wiesbaden, Wackernheim, Dexheim



Fire truck
Wiesbaden

Fire engines, trucks and rescue vehicles are lined up and ready for a call at Wiesbaden's Fire Station No. 1. Photo right: Frank Kleinbühl, a fireman assigned to Wiesbaden Fire Station No. 1, unscrews a standpipe out of a fire hydrant during a training exercise. Although Germany has fire hydrants similar to those in the United States, residential areas also have underground hydrants in which firefighters can hook up to supply engines with unlimited amounts of water.

Firefighting constantly evolving

Wiesbaden museum depicts evolving nature of firefighters

Story and photos by
Cassandra Kardeke

221st Base Support Battalion Public Affairs
Office

From buckets to hoses, pushcarts to trucks and fire-resistant uniforms, technology has certainly aided the way fires are fought.

At Fire Station No. 1 housed in a museum in downtown Wiesbaden, one can learn just how much technology has helped firemen throughout the years.

In a corner of the firehouse is a mock-up of the tiny room at the top of a tower where volunteer firemen once sat, eyes wide open, looking for any sign of a fire throughout the city. The museum depicts the changes that have been made in the life of firemen today.

Even fire extinguishers have come a long way as seen in one section of the museum showcasing extinguishers of different shapes and sizes that have been invented. Over time, uniforms have also improved.

"Imagine standing in the top of a tower overlooking the city and searching for signs of a fire," said Sven Janneck, a fireman with Wiesbaden's Fire Department. That's exactly what one had to do before telephones were invented. "There were no phones or radios back then. They simply had to sit up here, surrounded by windows and keep watch over the city, looking for smoke," said Janneck.



A miniature display in Wiesbaden's Fire Station shows how firemen put out fires back in the day of the "horse and buggy." Photo right: A glimpse of just how high from the ground ladder trucks take firefighters when needing to get to hard to reach or high places.

In a little room, at the top of a tower — Wiesbaden's highest point at that time — is a table and chair, a bull horn, a red flag and a red lantern. If a fire was spotted it was the person on lookout duty's responsibility to notify the firemen by using the bull horn to call out below. The red flag was then hung outside to point out the direction of the fire.

If the fire occurred during the night, the red lantern was used. Back then it may have taken 20 to 30 minutes to respond to a fire anywhere in the city. The response time is now less than 10 minutes, and telephones help make that happen with instant notification of a fire.

In one photo at the museum there are firemen wearing water tanks on their backs and sprinklers on their helmets to help fight the heat and keep their clothing from catching on fire. "That's where someone had to invent a water-resistant suit to keep the firemen dry," Janneck points out.

Walking through the museum one can get a sense of just how much courage it takes to be a fireman. Looking at a pushcart once used to help put out fires makes one wonder how a fire back then could be extinguished without the use of today's equipment. Throughout Wiesbaden's three fire stations, the city employs a variety of approximately 45 trucks



able to aid just about any type of fire anywhere.

Although Wiesbaden's museum isn't open to the public, tours in English can be arranged for groups of up to 25 people. Janneck also gives presentations at schools to teach children fire safety. Last year Aukumm Elementary students got a first-hand taste by being able to hold a hose and shoot water out into the school's playground.

"It doesn't matter what language you speak, fire safety is important for every one," said Janneck.

Groups wishing to visit the museum or arrange for a presentation can call the 221st Base Support Battalion Public Affairs Office at mil 337-5772 or civ (0611) 705-5772.

Community news notes

Career seminars

The Army Career and Alumni Program hosts an Intelligence and Defense Career Seminar April 26 at 10 a.m. The free one-hour seminar will help identify career opportunities in the world of command, control, communications, computer intelligence, surveillance and reconnaissance. For more information call mil 337-5709 or civ (0611) 705-5709.

Drivers needed

Outdoor Recreation needs volunteer bus drivers with a Class 2 U.S. Army Europe driver's license, B35 or higher. Drivers must also have a valid U.S. tourist passport and be willing to travel to other countries. Call mil 337-5760 or civ (0611) 705-5760 for more information.

Scholarship available

The Mu Psi Omega Chapter of Alpha Kappa Alpha Sorority, Inc. offers a scholarship program for graduating seniors from the Department of Defense Dependents Schools-Europe. Applications can be picked up at the General H.H. Arnold High School guidance office and must be postmarked no later than April 8. For more information go to www.angelfire.com/de3/mupsiomega/AKAHomePage.html.

Youth auditions

The Missoula Children's Theatre will hold auditions April 25 for students in kindergarten through 12th grade for the spring production of "The Wiz of the West." Auditions will begin at 3:15 p.m. at the Wiesbaden Middle School gym. No previous acting experience is necessary. Rehearsals will be held from 3:30-8 p.m. April 25-29 with performances at 3 and 7 p.m. April 30 at the middle school. For more information call mil 336-2473 or civ (0611) 816-2473.

Gamblers Anonymous

Gamblers Anonymous meetings are held every Wednesday from 7-8:30 p.m. at the Hainerberg Chapel. This is a 12-step program to provide tools and support for those who have or may have a gambling problem. GA is free, anonymous, confidential and led by an experienced practicing member affiliated with the International Service Office of Gamblers Anonymous. For more information call mil 334-2732 or civ (0162) 234 2036.

Sponsorship training

Join the welcome wagon and help greet newcomers to the 221st Base Support Battalion community.

Army Community Service teaches skills and resources during monthly workshops at Building 7790 in Hainerberg Housing. Unit sponsorship training is held at 1:30 p.m. the first Tuesday of the month and civilian sponsorship the second Tuesday of the month. For more information call mil 337-5034 or civ (0611) 705-5034.

German-American friendship

The Wiesbaden Kontakt Club meets every Wednesday at 7:30 p.m. at the Kleinfeldchen Restaurant on Dotzheimer Strasse. Open to all nationalities, this German-American friendship club hosts several trips, dining outs and adventures throughout Germany to enhance cultural relations as well as helping newcomers get to know their new surroundings and more about Germany. Sign up now for "The Night of the Witches," April 30 which includes a historical steam train ride through the Taunus Mountains to Hohenstein. Once in Hohenstein, the witches perform a ritual to cast out the "winter demons" and prepare for spring. The trip is suitable for the entire family, however, tickets sell fast. Tickets are €15 adults/€7.50 children and must be purchased by April 7. Call the 221st Base Support Battalion Public Affairs Office for information and tickets at mil 337-5772 or civ (0611) 705-5772.

Dexheim lab hours

The laboratory at Dexheim Health Clinic is open Monday through Wednesday and Friday from 7:30 a.m. to noon and 1-2 p.m., Thursdays from 1-4 p.m.

Catholic services change

Beginning April 2, Catholic Mass will be held at 5 p.m. Saturday evenings instead of Sunday. Baptism classes will be held at 3:30 p.m.

Saturday followed by confessions at 4 p.m. For more information call mil 337-1570 or civ (0611) 705-1570.

Pre-deployment workshops

Army Community Service offers pre-deployment workshops from 6-7 p.m. the first, second and third Monday of the month in Room 22 at Building 7790 in Hainerberg Housing and on the fourth Monday of the month at Dexheim ACS. Unit training is available on request. Workshops include a deployment guide, financial responsibilities, emergency information and stress management. For more information call mil 337-5034/5754 or civ (0611) 705-5034/5754.

National Prayer Breakfast set

Guest speaker Dr. Dennis Swanberg will speak at this year's National Prayer Breakfast, April 1 at the Ramada Hotel in Wiesbaden. Tickets are available from any unit chaplain or the 221st Base Support Battalion's Chaplains Office. For more information call mil 337-1570 or civ (0611) 705-1570.



Spring break for kids

Team 221st Youth Services offers several trips during spring break. Youth in grades six through 12 must be registered with Child and Youth Services Central Enrollment Office and have a permission slip signed by a parent when signing up. Scheduled trips include the Stuttgart Zoo, Centro Mall, I-MAXX2, the Aqua-Toll Wave Pool, fishing in Limburg and Six Flags in Belgium. For more information call mil 338-7691 or civ (0611) 380-7691.

Penny bowl

Bring a penny to the Dexheim Bowling Center April 1 and pay only 50 cents to bowl from 5-9 p.m. including free shoe rental.

Outdoor Rec tours

Ski season is still here. Sign up for one of the many ski trips Wiesbaden and Dexheim Outdoor Recreation Centers offer. Ski the Feldberg March 19 or enjoy a two-day trip to the Feldberg March 19-20. Helicopter skiing in Switzerland is March 18-20. Skiing in Engelberg, Switzerland, is March 26. Other tours include swimming trips to the Frankfurt wave pool March 17, 24 and 31; fishing in Limburg March 19 and 27; bouldering in Nieder Olm March 22 and 29.

Parenting help for newbies

The New Parent Education and Support Program offers a three-part series of workshops for new or soon-to-be parents. The series topics include childbirth experience — dealing with discomfort in labor; breastfeeding — getting started and being successful and postpartum/newborn care and safety. Registration is required for these workshops. Call mil 338-7835 or civ (0611) 532 9842 for more information.

Orientation tour

Let Army Community Service help make Wiesbaden your home through a two-day information class and tour. The Wiesbaden Orientation Spouses Tour is held for civilians and family members the third Tuesday of the month at 9 a.m. at Building 7790 in Hainerberg Housing. Learn all about the services and

activities available within the community, then take a walking tour of downtown Wiesbaden the third Wednesday of each month and learn how to shop, eat and ride public transportation while here. For more information and to sign up call mil 337-5034 or civ (0611) 705-5034.

Dry-cleaning at Mainz-Kastel

Dry-cleaning and laundry service for military and civilian clothing is now available in Building 4502 at Mainz-Kastel Storage Station (former Barber Shop location). The shop is open Monday through Friday from 9 a.m. to 5 p.m.

Vendors needed

The 221st Base Support Battalion Community Recreation Division is seeking private organizations, Family Readiness Groups and other vendors for this year's July Fourth celebration to be held at Dexheim Anderson Barracks from 4-11 p.m. Volunteers are also needed to decorate, run activities, dress up as costumed characters and lots more. For more information or to volunteer call mil 337-6111 or civ (0611) 705-6111.

Breakfast at McCully

The McCully Club now offers breakfast Monday through Friday from 7:30-9:30 a.m. Enjoy all your breakfast favorites — pancakes, eggs, bacon, omelettes and hash browns.

221st BSB – Wiesbaden, Wackernheim, Dexheim

Community news notes

Studio closed

The Official Photo Office at the Training Support Center at Wiesbaden Army Airfield is closed through April 5.

Instructors needed

Child and Youth Services seek instructors to teach martial arts, dance, music and drama as a part of the new Schools of Knowledge Inspiration Exploration and Skill program. For more information call mil 338-7592 or civ (0611) 380-7592.

Father-daughter dance

Girls and dads — get ready for a special date night. 221st Base Support Battalion Chapels sponsor a father-daughter dance April 23 at the middle school gym from 7-9:30 p.m. Invitations are available at the Hainerberg Chapel. For reservations and more information call civ (06127) 99 2140 or send email to sexton@t-online.de.

Playhouse performance

The Amelia Earhart Playhouse presents “A Thousand Clowns” March 31 through April 10. Tickets for this comic performance can be purchased at any Wiesbaden area USO or at the playhouse. For more information call mil 336-2473 or civ (0611) 8162473.

Dexheim classes

Army Community Service in Dexheim sponsors employment readiness workshops, newcomers

coffees, resume writing, newcomers bus tours and sponsorship training throughout the month of March. For more information call mil 334-5716.

Children's art classes

Römer Arts Center offers a variety of children's programs for youth age 9-13. Enjoy clay time from 3:30-5:30 p.m. or art from 4-5:30 p.m. Tuesdays; crafts from 3:30-5:30 p.m. Wednesdays; and sewing from 1-4 p.m. Sundays. Youths can also join the musical performance “Songs of Broadway.” For more information call mil 337-5722 or civ (0611) 705-5722.

Tax assistance

Free tax preparation is available at the Wiesbaden Tax Assistance Center from 9 a.m. to 5 p.m. Monday through Friday. The TAC is located above the Wiesbaden Shoppette, down the hall from the Barber Shop. Walk-ins are accepted, however those with more complicated tax returns should call ahead to make an appointment. All U.S. identification card holders are eligible for this free assistance. For more information or to make an appointment call mil 337-4755 or civ (0611) 705-4755.

Quiet hours

Remember, in Germany, quiet hours are Monday through Saturday from 9 p.m. to 7 a.m. and all day Sunday and Germany holidays. The use of lawn machinery or playing of

loud music is prohibited from 7 p.m. to 9 a.m., 1-3 p.m. and after 5 p.m. Be a courteous neighbor.

Parent education

The New Parent Education and Support program hosts “Birth, Breastfeeding and Beyond” classes for new parents in May. This three-session workshop includes seminars on the childbirth experience, breastfeeding and postpartum/newborn care. Pre-registration is required. Call mil 338-7835 or civ (0611) 532 9842 for more information.

Golf clinics

Beginning in April, Rheinblick Golf Course offers several golf clinics for beginner and intermediate golfers of all ages. Clinic are held in a three or four-part series and must be paid in advance. For more information call mil 336-2816 or civ (0611) 420 675.

Flea market

The Community Activity Center hosts an indoor flea market April 16. Sellers can rent tables for \$10 on a first-come, first-served basis. Doors open at 8 a.m. For more information call mil 337-5750 or civ (0611) 705-5750.

USO in Dexheim

A United Services Organization representative is now available for Dexheim Soldiers and residents. Services are offered in Building 6317 on Anderson Barracks every Thursday from 2-5 p.m.

Youth programs

Dance, ballet, photography, piano classes, horseback riding lessons and screenwriting courses are available through Child and Youth Services. Students must be registered through Central Registration at Army Community Service, Building 7790 in Hainerberg Housing. For more information call mil 337-

5383 or civ (0611) 705-5383.

Youth group

The Protestant Youth of the Chapel (high school group) meets every Wednesday from 7-8:30 p.m. at the Aukumm Community Center. Middle school-age youths meet from 3-4:30 p.m. at the Hainerberg Chapel. Retreats are held for both groups. For more information call mil 337-1570 or civ (0611) 705-1570.

Shape up challenge

Give yourself the boost you need to get moving and lose weight. Sign up for the Tony Bass Fitness Center's Ultimate Shape Up Challenge, April 26 through June 16. The challenge includes a nutritional evaluation, pre- and post-fitness assessments and circumference measurements and focuses on cardiovascular and weight training routines. Prizes will be awarded to the two top finishers and weekly awards to the most improved participants. For more information call mil 337-5541 or civ (0611) 705-5541.

Instructor training

Interested in becoming a fitness instructor? Instructor training and certification courses will be held at the Tony Bass Fitness Center for pilates, turbo kickboxing and yoga in April and May. To register for any of these courses call mil 337-5541 or civ (0611) 705-5541.

Positions open

Child and Youth Services care givers are needed throughout the Wiesbaden and Dexheim communities. Call the Nonappropriated Fund Human Resource Office at mil 337-5272 or civ (0611) 705-5272 for more information.

Employment opportunities

Rheinblick Golf Course is now hiring for outdoor maintenance personnel. Salary starts at \$8.51 per

hour. For more information and to apply call mil 336-2816 or civ (0611) 420 675.

The Army Career and Alumni Program is seeking a full-time ACAP counselor in Wiesbaden. Applicants must have a MA/MS in counseling, human resource management, training and development or a related field; two years counseling experience and ability to travel. Submit a chronological resume to Hanau ACAP, Pioneer Kaserne, Building 11, Room 325 or email to hanauacap@resourceconsultants.com. For more information call mil 322-8356/8303 or civ (06181) 88-8308.

Food service workers are currently needed at the Wiesbaden Army Airfield, Dexheim and McCully Barracks dining facilities. Wages start at \$10.25 an hour. For more information call mil 337-7004 or civ (0611) 705-7004.

The Treasure Trove Thrift Shop in Hainerberg Housing has an immediate opening for a part-time bookkeeper. Applicant must have computer skills, knowledge of basic bookkeeping and accounting. Applications can be picked up at the thrift shop or by emailing [ttrove.thrift@gmail.com](mailto:trove.thrift@gmail.com). Call civ (0611) 742 61 for more information.

Andrews Federal Credit Union is accepting applications for a training specialist. For more information call civ (0611) 978 7535 or email berickson@andrewsfcu.org.

Earn college credit, work from home, get free training and certification by becoming a Family Child Care provider. Providers are needed throughout the Wiesbaden and Dexheim communities. For more information call mil 338-7729 or civ (0611) 380-7729.

The Wiesbaden branch of Bank of America is seeking a part-time customer service representative. Banking experience isn't required, but is a plus. Call mil 337-6008 or civ (0611) 705-6008 for more information.

Andrews Federal Credit Union has career opportunities throughout the community for branch and Euro-AFCU headquarters positions. Log on to their website at www.andrewsfcu.org for more information.

The American Arms Hotel is hiring front desk clerks and custodial workers for housekeeping. Applicants must be U.S. citizens and can apply at the Nonappropriated Fund Personnel Office in Building 1020 at Wiesbaden Army Airfield. For more information call mil 338-7883 or civ (0611) 343 667.



222nd BSB — Baumholder, Neubrücke, Strassburg

ACAP briefings

Baumholder's Army Career and Alumni Program has scheduled pre-separation briefings and job assistance workshops April 5-6 and 26-27 at the ACAP center. Pre-separation briefings are required no later than 90 days before separating. Separating Soldiers are encouraged to begin the process as early as one year before moving on to their next duty station or two years before separating. For more information call ACAP at mil 485-6330 or (06783) 6-6330.

Red Cross classes

The Red Cross will hold a baby-sitting training class April 2. A community infant and child CPR certification class will be held April 9 and adult CPR training will be held April 16. All classes will be held at the Red Cross Station in Building 8125, adjacent to the Wagon Wheel Theater. Call mil 485-1760 for more information.

School registration

Baumholder American Middle/High School holds preregistration for the 2005/2006 school year April 11-22 from 9 a.m. to 1 p.m. in the main office. Items to bring include current orders and immunization records. Call Renee Thomas at mil 485-7590 for more information.

If you're not sure if you will be departing before school starts, you should register your students for next year anyway so they can be scheduled for classes.

Staffing for next year will be based on pre-registration numbers, so register as soon as possible to ensure the school is able to have the correct staffing for next year.

Vet clinic open

The Baumholder Veterinary Clinic is now providing more services than ever. Appointments are now available and they are also providing surgical and dental services. The clinic is open Mondays, Wednesdays, and Fridays from 9 a.m. to 4 p.m. and Tuesdays for surgeries. For more information contact the Veterinary Clinic at mil 485-6636.

Iron Stork

An Operation Iron Stork baby shower is scheduled for 10 a.m. to 2 p.m. April 25 at the Rheinlander Convention Center. The event is open to the public.

ACS

mil 485-8188

Army Family Team Building

The following Army Family Team Building sessions are sched-

Happenings



Photo by LeAnne MacAllister

Autograph session

Members of the Dallas Cowboy cheerleaders made an appearance March 12 at Baumholder's Post Exchange and autographed footballs, jerseys and whatever fans were able to produce. The cheerleaders also visited a dining facility and a youth center before their performance at the Hall of Champions.

uled for April:

● April 21, 22, Level I, 8:30 a.m. to 2 p.m.

● May 24-26, Level II, 8:30 a.m. to 2 p.m.

● April 26, 27, Level III, 8:30 a.m. to 2 p.m.

FRG training

A two-day class geared toward new and soon-to-be Family Readiness Group leaders is scheduled for April 18, 19 from 8:30 a.m. to noon.

POC training

Point of contact training will train Family Readiness Group points of contact in handling phone calls, problems and distributing information effectively.

Parenting

The Parents and Tots Playgroup (birth to preschool) meets from 10-11:30 a.m. Mondays and Fridays at the Iron Kids Play Room, Building 8222.

Nurturing program sessions for parents and their infants, toddlers and preschoolers meets from 10 a.m. to noon. Mondays at the Iron Kids indoor playground, Building 8222.

Empowering Nurturing Parenting, offered April 7 and 21 from 10-11:30 a.m., is an ongoing support group for parents and their

children who have graduated from the nurturing program. The group is designed to provide ongoing support and instruction to those still new to the philosophy and practices in nurturing in an effort to keep the momentum going as the family continues to change. Children are asked to attend and participate in supportive activities and free play in the company of their parents.

Potty Training Classes meet April 14, 10-11:30 a.m.; April 27, noon to 1:30 p.m.; and April 28, 10-11:30 a.m. This is a one time 90 minute educational class geared to answer questions such as: When should I start potty training? How do I know when my child is ready? How do I potty train? Just who is being potty trained...me or my child?

A coffee break support group for military spouses and couples meets 10-11:30 a.m. Wednesdays.

Other programs include:

● April 5, 19, Breastfeeding Class, 10 a.m. to noon

● April 12, 26, Labor and Delivery, 4-6 p.m.

● April 13, 27, Newborn Care Class. This class offers education and support for parents on care of infants during the first 28 days of life.

Asthma class

Learn how to care for your asthma May 9 from 5:30-7:30 p.m.

Meet other people with asthma and parents of asthmatic children. Discuss the different successful methods and steps you can take for preventing asthma attacks.

Divorce support for children

Divorce Support with Children is a group designed to provide a network of support to military families who are considering or are currently involved in a divorce by bringing together people who are experiencing similar situations. The group is geared to help families maintain healthy relationships throughout the divorce process. The group is available upon request, and participants are encouraged to discuss and share their concerns and feelings with other attendees.

Support group

The ADD/ADHD support group meets April 25 from 5:30-7:30 p.m. The group is educational, fun and enlightening. Take this opportunity to share your experiences with other parents and obtain more information about your child's diagnosis.

Couples, relations

The following classes are offered for couples by ACS:

Maintaining Love in a Healthy Relationship, April 5, 12, 19 and 26, 5:30-7:30 p.m.

Happily Ever After — Adjusting to New Marriage, April 6, 13, 20 and 27, 5:30-7:30 p.m.

Wednesdays, Spouses Coffee Break, 10-11:30 a.m. This is a support group for military spouses and couples.

AngerFreeLiving, April 1, 8, 15, 22, 29, 9-11 a.m.

Job ready

Get assistance in joining the work force with the following classes offered by ACS:

● April 5, 19, Ten Steps to a Federal Job, 10 a.m. to noon. Learn to navigate through the federal job system.

● April 29, Interviewing Skills and Dressing for Success, 10 a.m. to noon.

● April 12, 26, Career Exploration, 10 a.m. to noon. Take the first steps toward finding a rewarding career.

● April 22, Resume Writing, 10 a.m. to noon.

Pre-job help

PCS pre-employment is available upon request. Participants are given information that will assist them in finding employment before departing. Information given includes a list of participating agencies that hire military spouses in the United States, the application process and what to do when they arrive at the new duty station.

New hours

Army Community Service has new hours on Thursdays. They are now open from 1-5 p.m.

MacArthur winner credits his Soldiers

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

As an enlisted Soldier who made his way into the officer corps via a West Point commission, Capt. Joe Ewers, Headquarters and Headquarters Company, 1st Battalion, 6th Infantry Regiment, saw the impact positive leadership had among the ranks. And now he is considered one of the Army's top leaders. Ewers was recently selected as a

winner of the Department of the Army General Douglas MacArthur Leadership Award.

"I saw as a younger enlisted Soldier what a tremendous impact a good leader had upon the ranks. In the converse of that I saw what a tremendously detrimental impact a negative leader had, or a leader that had a negative presence. After having walked that line as a young enlisted Soldier and seeing what the impact was and seeing the level of sacrifice among the younger

Soldiers and what they do on a regular basis, I feel that the least we can do for them is to lead them well," said Ewers.

Ewers is humbled to be one of 12 active Army officers selected by

the Department of the Army to receive the leadership award. "It's something I was very proud to be nominated for but it's difficult to feel that anything your

unit accomplishes is because of yourself. It's so much the efforts of your subordinates, your subordinate leaders, your individual Soldiers and the support of families. So it's more credit to them and what they've been able to bind together than it is something I've accomplished as an individual," said Ewers.

"I'm very proud of it but it should be more of a credit and an honor to those who serve with me and work with me to achieve our mission than it is for me as an individual. I've been extremely blessed with the folks that I've been surrounded with, and I continue to fall into situations

YS junior-bantam champs

"I'm very proud of it, but it should be more of a credit and an honor to those who serve with me ..."

where I've got great guys to my right and left, great guys working for me, a great peer group and good leaders overhead. I've not had a sour experience yet in terms of where I've been assigned and where I've worked," said Ewers.

Before taking command of HHC, 1-6th Infantry, Ewers commanded Charley Company 1-6th Infantry throughout the 15 months of the 1st Armored Division deployment to Iraq. "I was fortunate enough in that I took Charley Company four or five months prior to deployment so I had enough time to get myself established in that company and start to build my team, get my systems in place, you know, get that level of comfort," he said.

General MacArthur, the inspiration for the leadership award, graduated from West Point in 1903 at the top of his 93-man class. He returned to the academy after World War I to become its youngest superintendent in its 117 year history.

Like MacArthur, Ewers will soon

return to West Point. "I got chosen to go back there on a leadership fellowship. I'll go back and actually be a leadership instructor at the academy. This all came to pass before this award ever came to pass so it was kind of a neat affirmation that everything is kind of moving in that direction," said Ewers.

Reflecting on his days as a West Point cadet, Ewers remembered having to memorize quotes from MacArthur during his freshman year. "He's always been larger than life, so to be considered somebody that represents what he stood for is a great honor," he said.

After his teaching assignment Ewers wants to continue serving with the backbone of the Army, the infantry. "I plan on staying in as long as they'll have me," said Ewers, who is a native of Cincinnati, Ohio. "I'd love to continue to serve in the infantry and continue to seek positions of increased responsibility and continue to make a positive impact. That was one of the reasons I wanted to be a leader when I was an enlisted Soldier."

Ewers and his wife Sandy, of Long Island, N.Y., are expecting their first child in less than a month.



Photo by Ignacio "Iggy" Rubalcava

Capt. Joe Ewers celebrates winning the MacArthur Leadership Award

Blazers end basketball season undefeated

By LeAnne MacAllister
222nd Base Support Battalion
Public Affairs Office

The Baumholder Blazers 9-10-year-old boys and girls basketball team took first place in the Kaiserslautern Military Community Junior-Bantam Basketball Championship March 5 at Ramstein Air Base. Thirty teams competed, including three from the Baumholder community. The Blazers beat Ramstein Number 9 in the finals, ending their season with a perfect 12-0 record.

Staff Sgt. Donald Barker of Company C, 2nd Battalion, 6th Infantry Regiment, and 1st Sgt. David Bray of Headquarters and Headquarters Company, 2nd Brigade, coached the Blazers. "It was thrilling for the kids and for us," said Barker. "Being able to coach kids with a high level of sportsmanship and a desire

to learn was great."

"From day one Coach Barker and I knew that this team was special. From the first practice we saw the discipline and strong work ethic along with a team building attitude in all the kids," said Bray.

Bray's chain of command recognized his dedication to the team and allowed Bray to return from 2nd Brigade's Combat Maneuver Training Center deployment for the championship.

The Blazers scored 305 points and only allowed 101 points throughout the season. They averaged 26 points per game while keeping their opponents on the defensive and holding them to an average of eight points per game.

"Cameron Bray led the team in scoring with an average of 14 points per game and along with Ben

McDaniels made up a back court that dominated every team we played. Rebounding was handled mostly by Rachel Hall, Zacchea Small, Matthew Rainer, Tyrin Cundiff and Dakota Barker. Casey and Kendal Boatner led the team in assists. They were a very unselfish team and made a total commitment to each other," said Bray.

"We weren't expecting this," said Barker. This was Barker's first time coaching youth basketball, although he has coached other youth sports. Bray has been coaching youth basketball and football for 14 years.

Baumholder's 9-10-year-old teams won the KMC baseball and football championships this year in addition to basketball. "It's definitely been a good year for Baumholder youth sports," said Bray.

Community launches annual AER campaign

Lt. Col. Jeffrey Lawson, U.S. Army Health Clinic Baumholder commander, and 222nd Base Support Battalion Command Sgt. Maj. Ann M. McDaniels launched Baumholder's annual Army Emergency Relief campaign March 8 by being the first to donate to this year's campaign which runs through May 15.

Army Emergency Relief is a private, nonprofit organization dedicated solely to "Helping the Army Take Care of its Own." AER has been the Army's emergency financial assistance organization since Feb. 5, 1942.

Soldiers, active and retired, who wish to contribute may do so through a monthly allotment from

their pay or with a check or cash donation to their unit project officers.

Contributors will receive receipts for their donations, and contributions are tax deductible. Baumholder's AER officer is Michelle West. She may be reached at mil 485-8188 for questions or information pertaining to AER.

92nd MPs train for duty in Afghanistan

**Story and photos by
Ignacio "Iggy" Rubalcava**
222nd Base Support Battalion
Public Affairs Office

A convoy of four HMMWVs and a fifth vehicle laden with fuel slowly snakes its way through a forest of tall pines. As they leave the woods and continue on a road along the tree line the sound of automatic weapons fire cuts the stillness of the crisp spring day. Soldiers from Headquarters and Headquarters Detachment, 92nd Military Police Company, are under attack.

The convoy halts and the MPs quickly spring from their vehicles and return fire.

The Soldiers are real and their weapons and ammunition are real. Their enemy is a series of pop up targets on Range 11.

This was the first phase of a day and night convoy live fire exercise that prepares the unit for deployment to Afghanistan. The 92nd MP Company deploys soon and the exercise is a prerequisite before heading downrange.

Because live ammunition was used, safety played a critical role. "We have a lot of control measures in place. There are observer/controllers in every vehicle for command and control," said Sgt. 1st Class Riky Hawk, the company's operations officer.

"The OCs ensure that Soldiers come out of their vehicles properly, weapons are pointed downrange safely and that the weapons are placed on safe. Each OC watches his own vehicle, and we have one OC that is responsible for the entire convoy," said Hawk.

The entire convoy exercise has seven engagements, four during the day and three at night.

Putting emphasis on the deployment, Capt. Jeffrey Searl, 92nd MP Company commander, said, "When we deploy, the Soldiers can expect a very demanding environment, a combat environment that obviously provides challenges of its own. By having this training here and by us running it we know the specific environment that we're

going into. And we know the challenges that we'll be facing in that environment so we have the ability to replicate that environment and provide the Soldiers this training, which is just a great opportunity. They are better prepared for combat in Afghanistan because of this range."

"The interesting thing is that the Soldiers are putting their heart and soul into this exercise. When I went through the Gulf War it was different. We were just hard charging and we knew where our enemy was. But now our enemies are doing anything they can to destroy us and that's why we're training these guys the way we are," said Hawk.

"When we did our first convoy live fire it was generic for all the units. Here we can tailor it to what our unit needs and to the strengths and weaknesses of our Soldiers, so we have more of a hands-on approach," said Searl.

The best training environment is one that simulates the real thing as much as possible, and that's what the convoy exercise is providing the MPs. "They have the opportunity to go out there and get the feel for the battlefield so they can understand what they might encounter if we come into combat. They know what to expect, what the battlefield will look like and what it will sound like," said Searl.

Another benefit of the exercise is the quality time that Soldiers spend with their weapon. "It gives our Soldiers trigger time. They get to get familiar with their weapons. It's not like on a typical range where you're only firing at a paper target or anything like that. Our Soldiers are getting used to their weapons and firing," said Hawk.

When the 92nd MPs deploy to Afghanistan they will face an illusive enemy. "The number one killer we're going to have in Afghanistan is going to be complacency. To prevent that we're going to train the same as if we were going to Iraq or anywhere else," said Hawk.

"The missions might differ a little bit, but the techniques from the



A Soldier trains his weapon downrange and prepares to return fire during a live fire convoy exercise.



A Soldier prepares to return fire during the training.

combatants are certainly going to be the same. You know, improvised explosive devices on the side of the road, rocket propelled grenades, or vehicle born IEDs, whatever it is we're still going to treat it the same way, especially for the missions on convoys," said Hawk.

Privates and privates first class made up the bulk of the Soldiers who were brushing up on convoy operations. Hawk said there's a reason for that.

"We put so much on our Sol-



A controller/observer keeps a close watch on operations during a live fire engagement on Range 11.

diers. Our E-1s through E-3s train like E-5s or skill level two," said Hawk.

He explained that the accelerated training combined with their law enforcement mission produces a Soldier who is able to read things a little quicker.

"MPs do their mission all the time, protecting the community and the garrison, so we take a lot of those skills to the battlefield and we use them there," said Hawk.

"And because we have a Pfc.

doing the community law enforcement mission, they're taking charge of a real situation, whether it's a traffic accident, domestic violence or whatever it is, it's real.

"They carry a weapon and they have ammunition with them and that's every day. So we have to keep them trained on the next level all the time," he said.

Hawk explained the MP training mentality by saying, "The thing that makes us who we are is that we're so standards based. There is a standard and you achieve it. If you don't, then we're going to continue training you until you meet it, and that's just our mentality. We're real aggressive on training properly. And once you get there properly, we'll take it to the next level."

The 92nd MP Company, as it exists today, has been training together since last summer. "We're a pretty cohesive unit. Our company motto is 'Rock Solid' and that's exactly how it is, from the command element all the way down," he said.



A convoy of HMMWVs halts and engages targets on Range 11 during a convoy live fire exercise.

Spouses Club opens homes to share ideas

Residents invite members into their residences for a tour of interior design imagination

Story and photos by
LeAnne MacAllister
222nd Base Support Battalion
Public Affairs Office

The Baumholder Community Spouses Club held its monthly luncheon March 16 with a twist. After eating, the club hosted a class in creativity. Members were taken on a tour of 11 of Baumholder's most unique homes in order to gain insightful ideas on decorating in a military housing area.

Houses on the tour belonged to families of Soldiers of many different ranks — from a specialist's quarters in Wetzel to the home of the assistant division commander.

The idea to conduct this type of tour arose from the plethora of popular home decorating shows, including The Learning Channel's Trading Spaces. On the show, neighbors designate a room they need redecorated and switch off — each family forms a decorating team and redesigns their neighbor's space.

"People love watching the show because it gives them ideas on what they can do with their own house or apartment," said Helen Williams, BCSC community liaison and Trading Bases coordinator. "Realizing this, the BCSC came up with a way that the Baumholder community could reap the benefits of the concept of the show without making over their neighbor's living room. We toured many homes on post and made the selection based on



The Easter bunny finds its way into Teresa Tucker's home every year.

style themes and variety."

Many of the tour-goers will be moving within the next couple of months and participated to gain insight into how they may decorate their next quarters. "I obtained some great ideas from visiting these homes and I'll take them with me to Fort Campbell when I PCS next week," said BCSC member Amber Henschel.

The German guest members of the BCSC also enjoyed the program. "It has all been so beautiful, just wonderful," said Ingeborg Luebbers. "I want a high bed that you have to climb into now," said Ursula Nagel, German honorary member of the BCSC.

"Our German members really enjoyed the tour and appreciated the opportunity to be included, especially because American decorat-



Marie Dyer's living room forest decorations and paint effects enchant tour-goers.

ing techniques are different," said Williams.

Design schemes ranged from vintage to old country living, antiques and old world styles to a garden lover's decor. "The point is to show tour-goers that anyone can apply these decorating techniques," said Williams as she pointed to a stencil design painted near a wall fixture.

A master bedroom of one home was converted into a "home school haven." Complete with a chalkboard, desks and chairs, three daughters learned their reading,

writing and arithmetic in the educationally savvy space.

Another quarters, nicknamed the secret garden, used greenery to welcome guests. Vines and flowers were painted in great detail to show a slow movement of plant life in borders, wall designs and even across the ceiling. "I just love plants, and I love to use them in decorating," said Marie Dyer.

"If trash needs to be cleaned up and it's good trash that I can turn into one of my treasures, call me," said Sue Orosz, whose home was on the tour representing classic

vintage style. "Sue has an amazing gift for giving furniture and decorations a second life even more beautiful than their first," said Williams.

Each and every quarters selected to be a part of Trading Bases had a unique decorative style. From flea market makings, to Pottery Barn's best, to thrift shop finds, every participant walked away with innovative ideas for future decorating endeavors.

The creative concept of the luncheon and tour made it one of the BCSC's largest monthly gatherings this year, members said.



Tia DeMin, Wetzel resident, explains her use of sports-themed decor in "Lil Jay's room" as Trading Bases participants tour through her home.